

Sweet Acorn Squash

Makes: 4 Servings

Ingredients

- 2 acorn squash
- 1/2 cup orange juice
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg

Directions

1. Put each squash in the microwave. Heat for 1 1/2 minutes on high. This will soften the squash, and make it easier to cut.
2. Cut each squash in half. Remove the seeds and loosen fibers in the middle.
3. Place the squash on an ungreased baking pan. The cut side of the squash should be face-up, and the uncut part of the squash should touch the pan.
4. Pour 2 tablespoons of juice into each half of the squash. Spread it evenly on the inside of each squash.
5. Bake at 400 degrees for 30 to 45 minutes, until tender.
6. Season with cinnamon and nutmeg, and serve.



Nutrition Information

Serving Size: 1/2 of one prepared squash, 1/4 of recipe (246g)

Nutrients	Amount
Total Calories	102
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	7 mg
Carbohydrates	26 g
Dietary Fiber	4 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	2 g
Vitamin D	0 mcg
Calcium	81 mg
Iron	2 mg
Potassium	813 mg

N/A - data is not available